

# Fraser Valley Brain Injury Association

# News

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**January/February 2024**

Photo by Carol Paetkau

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Tel: 604-557-1913 Fax: 604-850-2527 [info@fvbia.org](mailto:info@fvbia.org) [www.fvbia.org](http://www.fvbia.org)

Funding from Fraser Health Authority Acquired Brain Injury  
Brain Injury Alliance and the Province of BC

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Fraser Valley Brain  
Injury Association

wishes you

**Peace. Love.  
A Fresh Start.**

**Happy New Year**

**2024!**

## Drop In's and Groups

These are some of FVBIA's regular programs and groups. Contact programs directly (below) for details and eligibility criteria or the FVBIA main office at 604-557-1913 or [info@fvbia.org](mailto:info@fvbia.org).

### Abbotsford/Mission

#### **Drop-In**

Wed 1:00 – 3:00 p.m. & Fri 11:00 – 2:00 p.m.  
103 – 2776 Bourquin Cres. W. Abbotsford  
Contact Communitas 604-850-6608

#### **Pay it Forward (Walking Group, Yoga, Ladies R n' R, Community Kitchen, etc.)**

Contact: 604-897-1563

#### **Coffee and Chat**

Contact: 604-897-1563

#### **Art and Photography**

Contact 604-897-1452

### Chilliwack

#### **Drop-in**

Tues 10 am-1:00 pm & Thurs 11:00 am-2:00 pm  
45825 Wellington St. (Presbyterian Church)  
Contact 604-792-6266

#### **In the Now Support Group**

Contact 604-557-1913  
Toll-free 1-866-557-1913

#### **Art Groups**

Contact 604-799-2044

### Langley

#### **Coffee and Chat Group**

Contact 604-557-1913

### Hope

#### **Community Leisure Program**

Wed & Fri 1:00 p.m. – 3:00 p.m.  
366A Wallace St. Hope, BC  
Contact 604-869-7454

### Remote Groups

#### **Health & Wellness Group**

Contact 604-557-1913

## FVBIA Services and Programs

FVBIA offers a variety of programs throughout the Fraser Valley. Some examples are below but may not always be offered throughout the whole year. Groups may be time limited or subject to change due to funding, locations or client interests/needs. We are always offering new activities so stay connected! Contact [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913 for more information.

In order to access FVBIA's regular programs, individuals must meet eligibility criteria and be able to provide proof of acquired brain injury <https://www.fvbia.org/criteria-for-services/>.

- Case Management (virtual and in-person)
- Drop In/Leisure Programs (Hope, Chilliwack, Abbotsford)
- Lifeskills
- Mill Lake Walking Group - Abbotsford 3x/week
- Community Kitchen
- Ladies R 'n R (Relax and Revive) group
- Health & Wellness (virtual) group
- Gentle yoga (virtual and in-person)
- Fitness group
- Art and jewelry classes
- Writer's Bullpen for FVBIA Newsletter
- Shared Garden project
- In the Now Group
- Photography classes
- Facebook Community group
- Crafts
- Volunteering/Employment support
- Family Support groups
- Support for youth
- Brain Injury and Mental Health - information sessions for the South Asian Community
- Coffee & Chats
- ABI Awareness and Education
- First Aid training, Food Safe and funding for other certifications to support volunteer/employment opportunities
- Young at Arts Summer program - for kids with ABI, siblings of kids with ABI or kids that have a parent with ABI
- Corrections Liaison program (virtual) – 8-week ABI & Substance use education groups for inmates

## FVBIA Staff Emails

Freddy O'Brien: [info@fvbia.org](mailto:info@fvbia.org)

Heather Plain: [heatherplain@hotmail.com](mailto:heatherplain@hotmail.com)

Joy Scobie: [ijoyscobie@gmail.com](mailto:ijoyscobie@gmail.com)

Victoria O'Brien: [victoria.o'brien@fvbia.org](mailto:victoria.o'brien@fvbia.org)

Esther Tremblay: [esther@communitas.com](mailto:esther@communitas.com)

Taryn Reid: [treid@infinityhealth.ca](mailto:treid@infinityhealth.ca)

Jasneet Singh: [Jasneet.singh@fvbia.org](mailto:Jasneet.singh@fvbia.org)

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## Upcoming Events

Please watch for emails and check our newsletters for the following upcoming events

September 18, 2024 – FVBIA Brain Injury Golf Classic – Redwoods Golf Course, Langley, BC

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## FVBIA Writer's Bullpen

Writers abound within the Fraser Valley Brain Injury Association (FVBIA) membership so the FVBIA Writer's Bullpen was created to provide a place for writers with brain injuries to come together to hone their craft and share ideas. In 2017, individual writers began submitting pieces to the FVBIA Newsletter as a means of sharing their thoughts and ideas through the Pay it Forward: Health and Wellness for ABI program, funded by the Brain Injury Alliance, ICBC and the Province of BC. The Bullpen has expanded to include art, photography, cartoons and poetry.

**Editor's Note: Thank you to everyone for their contributions! Submissions may be edited for length.**

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## Photos by Carol Jackson

CAPA District Area Rep Lower Mainland (shared)  
Surrey Photography Club Field Trip/Communication Director  
Carol Jackson Photography on Facebook  
<https://www.facebook.com/CJJPhotos>

Some of these beautiful photos submitted by Carol Jackson on the following pages were from Martini Town Merry & Bright in Aldergrove and the rest are from Lafarge Lake Lights in Coquitlam







## 125 Days to Say Yes - Bill C-277 National Strategy on Brain Injury

Be a part of the **“125 Days to Say Yes!”** campaign for Bill C-277 National Strategy on Brain Injuries Act. This private member’s Bill seeks to address the need for universal access to supports for brain injury recovery, treatment, and harm reduction. Some of the text of the bill to establish a national strategy is below.

Here's what you do to participate:

1. **Snap a Photo:** Nothing fancy. We just need a close-up (head and shoulders).
2. **Create a Video:** Make a short video (1 minute maximum) and tell us:

*My name is... and I live in...*

*My Member of Parliament (MP) is ....*

*I am a (survivor or family member, or a caregiver) and I support a National Strategy on Brain Injury because...*



You may also include something personal, such as how you or your loved one sustained a brain injury.

For inspiration, watch Barb Butler’s video here: <https://bcconsensusonbraininjury.com/join-the-national-strategy-on-brain-injury-movement/>.

**Important: Each person in your family can participate individually and send their own photo and video.**

3. **Email [nationalbraininjurystrategy@gmail.com](mailto:nationalbraininjurystrategy@gmail.com).** Submit your photo and video to the above email and in the body of the email, please include:

*I (insert name) give my expressed permission for the CGB Centre for Traumatic Life Losses to use my photo and video in the 125 Days to Say Yes! campaign calling upon the federal government to establish a National Strategy on Brain Injury. I understand and approve of my photo and video to be used in a letter that will be emailed and sent via Canada Post to the federal Minister of Health, other Member of Parliaments and to be posted on social media channels. (Your name and phone number).*

I will send you a copy of the letter with your photo and video link that will be sent to the federal Minister of Health and other MPs. Your name and your MP’s name will be included and highlighted on the bottom of letter. It will be emailed on the same **date** that your photo and video will be posted on social media. If you have questions, please contact me.

Sincerely,

Janelle Breese Biagioni, CEO

[CGB Centre for Traumatic Life Losses](#)

[BC Consensus on Brain Injury, Mental Health, & Addiction](#)

Info: <https://bcconsensusonbraininjury.com/join-the-national-strategy-on-brain-injury-movement/> Email: [nationalbraininjurystrategy@gmail.com](mailto:nationalbraininjurystrategy@gmail.com)

## FVBIA Pub Night Fundraiser

A great big thank you to Jimy Mac's Pub, board, staff, volunteers, donors and supporters for making FVBIA's first Pub Night a great success.

# Fraser Valley Brain Injury Association Pub Night Fundraiser

Thank you to our Sponsors and Donors



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Harry Snyders	Carol Paetkau
Roger Takahashi	Caerau McNabb
Areni Kelleppan/Abbotsford Community Foundation	
Gallery 7 Theatre and Performing Arts Society	
Chris Gledhill & Robin Newbery	



Fraser Valley Brain  
Injury Association  
[www.fvbia.org](http://www.fvbia.org)

## FVBIA Christmas Tea and Silent Auction

FVBIA's Christmas Tea was well received and we can't thank the volunteers of the Soroptimist International of Abbotsford Mission enough, for their help in setting up, serving and taking down.

We would also like to thank all those who turned out to support this first time event and those that donated items for the Silent Auction.

### Thank you to our Table Sponsors and Auction Donors

Robin Newbery & Chris Gledhill  
Harry Snyders, Carol Paetkau, Mary McKee  
Jim Watson, Dorothy Reid, Jerry Stanger  
Soroptimist International Abbotsford Mission

Jag Gill, Acting Mayor of Mission and Les Barkman, Deputy Mayor of Abbotsford enjoying some laughs and tiny tea sandwiches and other treats at FVBIA's Christmas Tea. Deputy Mayor Barkman even helped serve (pictured on the right with FVBIA Board Member, Caerau McNabb).



## Christmas at the Chilliwack Brain Injury Drop-In Centre

Esther and her helpers treated over 50 people to a wonderful Christmas Lunch at the Chilliwack Brain Injury Drop-In program. Santa dropped by and some people even got to join in the Reindeer Games!



## Community Kitchen Sessions

Thanks to the generous support of private donors, FVBIA has been able to offer two community kitchen groups so far through Archway Community Services.

Supplies are provided and participants get to take what they make home. These are offered as part of the Pay it Forward program.

Funding for the community kitchen sessions was provided by Robin Newbery and Chris Gledhill.

The Pay it Forward Program is funded by the Brain Injury Alliance, ICBC and the Province of BC.



## FVBIA's Pay It Forward: Health and Wellness Programs

FVBIA has an active 'Pay It Forward: Health and Wellness for ABI' program. The FVBIA team offers several different components of this program that all focus on rebuilding one's sense of self after an acquired brain injury and improve their overall mental and physical well-being. This can be through healthy eating, sleep management, improving coping strategies, developing natural support networks, fitness and engagement in the community through volunteerism. FVBIA's Pay it Forward Program offers a variety of activities to support physical and mental well-being including art, yoga, walking groups, Ladies R&R, In the Now group, Health & Wellness group etc.

Wondering how you can contribute? Take a minute to think about your strengths, talents, interests and networks. Then contact your case manager to share your gifts. This can be contributing to the FVBIA newsletter, demonstrating a craft to other members in a mini-workshop, supporting others, volunteering in the community etc.

Several FVBIA staff are involved in many Pay it Forward: Health and Wellness for ABI activities so contact them directly for more information and details about locations and times. For general inquiries, contact [info@fvbia.org](mailto:info@fvbia.org).

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### Health & Wellness Group

The Health and Wellness Group is held online **via zoom with Kinesiologist and case manager Taryn Reid.**

**Thursday afternoons from 2:00-3:00pm.**

This group provides a safe space to discuss a variety of topics, connect with other survivors and to learn about health and wellness topics.

For more information or suggestions for topics, contact your case manager or Taryn Reid at [treid@fvbia.org](mailto:treid@fvbia.org)"

**Funding for the Pay it Forward program is provided by Charitable Gaming, ICBC, Soroptimist International of Abbotsford Mission and through the Brain Injury Alliance with financial support from the government of British Columbia.**

## Coffee and Chat Groups



### Abbotsford Coffee & Chat

Join us in our spacious boardroom for coffee and a chat. This is a great opportunity to meet with others who have experienced a brain injury. Coffee will be provided.

Day: Tuesday  
Jan 16 & Feb 13, 2024  
Time: 10:30 a.m. until noon  
Place: FVBIA Boardroom  
201 – 2890 Garden Street, Abbotsford, BC

\*\*\* FVBIA cannot guarantee 1:1 staff at activities. If you require 1:1 care, you must bring a support person with you.

\*\*\* For more info AND to confirm your attendance, please call Joy at 604-897-1563.

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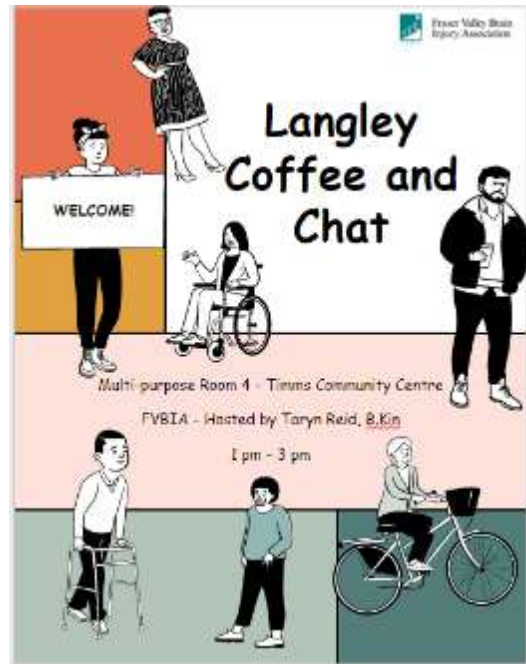
### Langley Coffee and Chat

Join us at Timms Community Centre (20399 Douglas Crescent) for Langley's Coffee and Chat!

This is a great opportunity to meet other survivors and chat.

Group members must be eligible for FVBIA services, so please contact your case manager or Taryn Reid at [treid@fvbia.org](mailto:treid@fvbia.org) for details.

The group will be held the first Wednesday of each Monday from 1:00 pm to 3:00 pm.



**FVBIA cannot guarantee 1:1 staff at activities. If you require 1:1 care, you must bring a support person with you.**



**"Ladies' R 'n' R"**  
("Relax and Revive")

This is your time, ladies - to get together for relaxing and chatting, for new activities, and for gaining some new ideas, insight or information.

Day: Thursday  
January 11 & 25, February 8 & 22, 2024  
Time: 10:30 a.m. until noon  
Place: FVBIA Boardroom  
201 – 2890 Garden Street, Abbotsford, BC

\*\*\* FVBIA cannot guarantee 1:1 staff at activities. If you require 1:1 care, we ask you to bring a support person with you. For more information, please call Joy at 604-897-1563.

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**Ladies' R 'n' R Group Card Making Class**

Talented FVBIA member Sonja W, taught a card making class for the FVBIA Ladies Group in December. The results are beautiful!



## Mill Lake Walking Group

Join us for a relaxing walk around beautiful Mill Lake in Abbotsford and connect with others who have shared experiences with brain injury.

**Mondays Wednesdays Fridays**

### **2 Meeting Places:**

2 P.M. at the Bourquin Entrance benches

2:15 P.M. at the Mill Lake Road Dock

\*\*\* FVBIA cannot guarantee 1:1 staff at activities. If you require 1:1 care, we ask you to bring a support person with you.

For more information, please call Joy at 604-897-1563.



Photo by Joy Scobie 2023

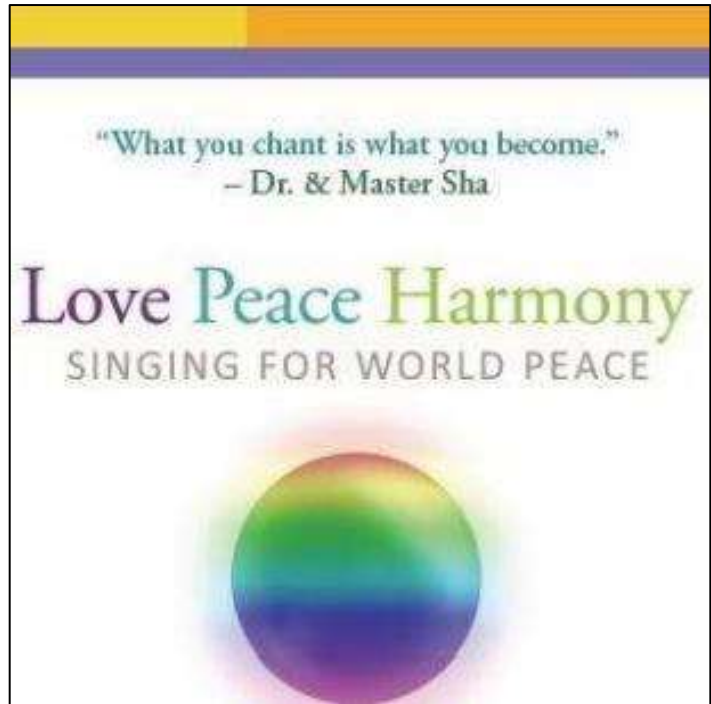
## Uplift your Life and Experience with the Power of Love Peace Harmony Song!

Lydia is a Fraser Valley Brain Injury Association volunteer who is kindly offering these groups to our members free of charge.

During these weekly FREE sessions, use the Love Peace Harmony Field, which is a combination of the Love Peace Harmony song, Tao Calligraphy and meditation to bring more relaxation, rejuvenation, peace and positive transformation in your life.

Take this half hour to immerse yourself in an uniquely refreshing experience to reconnect with the universal message of Love, Peace and Harmony Song.

Contact Lydia Maes at [Lmaes84785@aol.com](mailto:Lmaes84785@aol.com) or phone: 306-380-3377 to register and receive the zoom link.



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## Advertising Opportunities

Advertising opportunities are available in the FVBIA News (6 issues/year) and the new 2023 Information and Resource Package. Contact [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913 for more information.



Fraser Valley Brain Injury Association

# ★ BRAIN INJURY ★ *Golf Classic*



Thursday September 18, 2024  
Redwoods Golf Course, Langley, BC

# How to Help Someone with a Brain Injury

June 19, 2023

<https://braincanada.ca/how-to-help-someone-with-a-brain-injury/>

1. Believe them when they say they can't do something, are having difficulty, or tell you about certain symptoms they're experiencing.
2. Avoid responding in ways that show suspicion or downplay their experience, such as "You don't look injured," "Look on the bright side," "You must be fully recovered," "Shouldn't you be better now?" "You're so intelligent, you can't be disabled," "Can't you just push through?" or "Stop being so emotional!"
3. Try not to use "at least" phrases— "At least you didn't die!" "At least you can still walk/work/bike etc.!"—that downplay the difficulties they are experiencing.
4. Offer to attend appointments with them and take detailed notes, as some patients may struggle to remember everything that's said. You could also go over potential questions a few days before appointments, so the person has time to process and articulate thoughts and concerns.
5. Continue to check in with a call or visit, even if they can't always reciprocate. Ask them when the best time of day is to be in touch.
6. Help limit the number of interactions they have or activities they do in a day to protect their energy.
7. Offer to help with day-to-day tasks: picking up kids from school, grocery shopping, household chores, or scheduling appointments.
8. Bring over nutritious meals.
9. Help them navigate services, apply for eligible supports, or drive them to appointments.
10. Keep a journal if they're unable to (dates, times, observed symptoms, feelings, etc.).
11. Don't take anything personally and be flexible when plans need to change if someone is experiencing increased symptoms or are not feeling well.
12. Be patient. Allow yourself to slow down to the pace and 'real-time' for the person with a brain injury.
13. Offer support for the caregivers and family members of the survivor – many of whom are dealing with their own traumas related to a loved one's brain injury. As one survivor, Peter, told us, "Families need to be taken care of as well."

# Reduced Cost Counselling Program – Chuck Jung Associates

## Now Accepting Referrals

Chuck Jung Associates is providing a Reduced Cost Counselling Program in our Vancouver office. This service is in-person and/or via Telehealth. We are aware of the significant cost of psychological counselling, which puts this service out of the reach for many.

In our Reduced Cost Counselling Program, a senior doctoral student in psychology, is supervised by a senior psychologist in our practice. Services are provided in a broad range of areas, treating problems of depression, anxiety, anger, adjustment difficulties to physical injury (e.g., chronic pain, emotional adjustment to brain injury). The cost is \$70.00 per session.

We are pleased to have doctoral student, Ms. Sarah Panofsky, MA, RCC as our therapist-student. Please see her bio below. Also, see our weblink below for more information.



<https://www.chuckjung.com/doctoral-student-therapists/>

<https://www.chuckjung.com/services/reduced-cost-counselling/>

You can also reach us at 604-874-6754 or [admin@chuckjung.com](mailto:admin@chuckjung.com)

## Chuck Jung Associates – Psychological and Counselling Services

Vancouver: (Main Office)	Surrey:	Abbotsford:	Chilliwack:	Langley:
1001 – 805 W. Broadway Vancouver, B.C. V5Z 1K1 Tel: (604) 874-6754 Fax: (604) 874-6424	232 – 7164 120 <sup>th</sup> St. St Scottsdale Square Bus. Ctr Surrey, B.C.V3W 3M8 Tel: (604) 874-6754	The Mark (North Building) 102-32625 S. Fraser Way Abbotsford, BC V2T 1X8 1-877-870-6754 (toll free)	201 – 45625 Hodgins Ave. Chilliwack, B.C. V2P 1P2 1-877-870-6754 (toll free)	8661 201 St. (2 <sup>nd</sup> floor). Langley, B.C. V2Y 0G9 Tel: (604)-874-6754

Other locations in Tri-Cities, Burnaby, North Shore and Richmond

Website address: [www.chuckjung.com](http://www.chuckjung.com)

Contact us at one of our locations for more information or to book an appointment.

# Intellect versus Executive

By Dr. Douglas Lee

*Dr. Lee is a retired clinical psychologist who was also Board Certified in Behavioral and Cognitive Psychology and was a Board-Certified Behavior Analyst.*

*He has over 30 years experience working with children and adults with moderate to severe brain injury. He consulted throughout BC and occasionally in Alberta. His focus was on developing individualized treatment plans for a wide range of behavioral and cognitive issues.*

*Due to the severity of most client's injuries, he saw them in their local homes and communities. He is currently a board member of Fraser Valley Brain Injury Association.*

It is common for people to misunderstand the relationship between intellect and executive function. While the two ideas have obvious overlap a simple distinction is that intellect relates to how easily you can learn, retain and remember things while executive function relates to how well you effectively use your intellect to adapt, improvise and problem solve in everyday situations. In many circumstances a brain injury does not so much affect intellect as executive function. There are times, of course, where the injury affects both intellect and executive function, indicating a very serious brain injury.

Bob (pseudonym) was in a serious accident when he was a young teenager. After recovering from the accident he was able to return to school and continued with his schooling. I saw him when he was in senior secondary. He had, about a year prior to his accident, been assessed for possible enrolment in a program for high academic achievers which included completing an IQ test. Results a couple of years post injury indicated that his IQ which previously was exceptionally high had dropped to being only "really bright".

While he was still passing all his classes there were a number of issues that had arisen both at school and home. I observed him in a history class where the teacher was reviewing the results from a recent test in Canadian history. Bob was clearly uninterested in the review. As it turned out, he scored just over 50% on the exam, about the same as the class as a whole.

When I talked with his teacher after class and saw the exam, I told the teacher that I bet I could tell him which items Bob got right/wrong. I missed only one item. All I did say was that all directly factual questions, he got correct and any item that required interpretation or contextual understanding, he got wrong.

It turned out that the test had about a 50/50 split between such questions. When I alerted the teacher to the drop in Bob's IQ score, which he already knew, he commented that "Yeah, but he is still smarter than most of us".

During the lunch break I was reviewing his school file in a room with a piano window that looked out into the school courtyard. I was startled when something flew by the window followed by a large thud. When I went to investigate it turned out it was Bob's legs that flew by the window as

he attempted to do a running forward flip on a dare from some of his buddies. The thump was Bob landing on his back on the sidewalk (luckily no injury but the wind knocked out of him).

At home, one of the chores that he used to do on a routine basis was feed the dog. Since the accident, his parents had found this to be highly problematic. They asked him to feed the dog while I was there. He readily agreed. He got the bag of dog food and started to pour the kibbles into the bowl. He continued to pour carefully as the pyramid of kibbles grew higher and higher until the first kibble fell off onto the floor, at which time he picked up the bowl and threw kibbles all over the room and stormed out yelling at the top of his lungs. A perfect example of why his parents did not typically ask him to do this. They also clarified that any attempt to assist him only led to major blow ups as he was sure he did not need help.

Talking to Bob later he was completely unable to say what the problem was about filling up the dog's bowl. He was perfectly willing to do it again if asked.

While Bob was still technically bright and would be able to graduate from high school, it is easy to see that he would struggle enormously in many everyday circumstances where judgement, problem solving and impulse control were required. This is the effect of his loss of executive function regardless of his intellectual abilities.



    
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# ICBC & PERSONAL INJURY CLAIMS



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- Free Initial Consultation - Percentage Fees
- We Provide Access to Needed Support Services
- You Pay Nothing Until We Collect For You

**Langley Office**  
#200-4769 222nd St.  
Langley, BC V2Z 3C1  
Phone: 604-256-5954

**Maple Ridge Office**  
#203- 22471 Lougheed Hwy  
Maple Ridge, BC V2X 2T8  
Phone: 604-305-1432

**Aldergrove Office**  
#100-26641 Fraser Hwy  
Aldergrove, BC V4W 3L1  
Phone: 604-256-9785

**“WORKING WITH OUR CLIENTS FOR  
TODAY AND THE FUTURE SINCE 1997”**

## Brain Injury Information for Kids

Fraser Valley Brain Injury Association's The Road Ahead: Next Exit Hope! booklets for children who have been affected by acquired brain injury in their families are updated and available for download off our website on the ABI for Children and Youth page

<https://www.fvbia.org/abi-information-for-children-and-youth/> .

The Road Ahead: Next Exit Hope! A look at how brain injury affects the whole family

[For Ages 5 to 10](#)

[For Ages 11 and up](#)

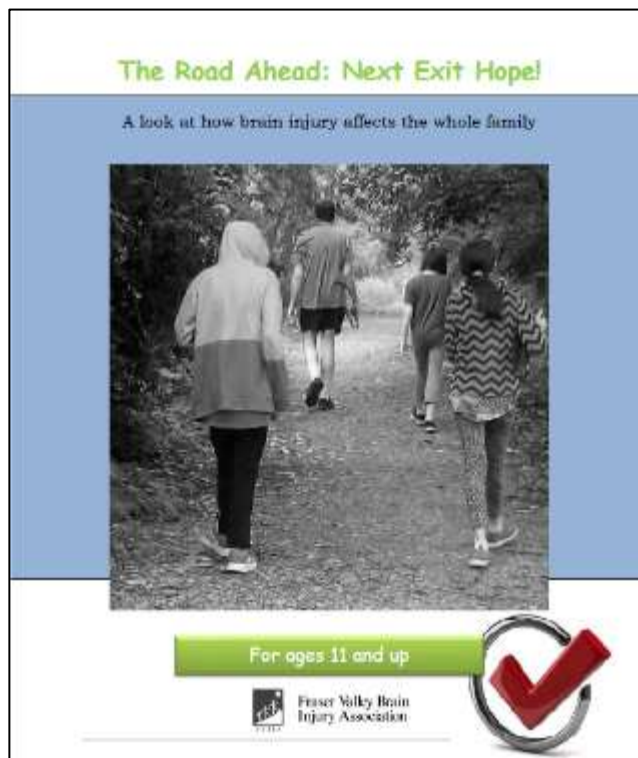
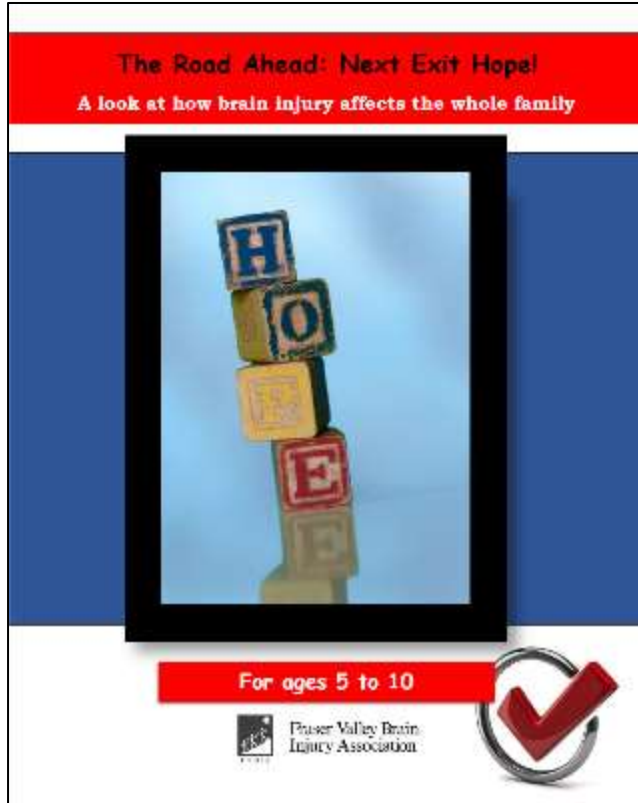
Original Funding for development, production and distribution provided by:

Ronald McDonald House Charities

Soroptimist International of Abbotsford

and

Fraser Health Authority's Acquired Brain Injury Program.



## Simpson Family Award

The Simpson Family Award was created by John and Morna Simpson to honour families and family members who have a loved one with an acquired brain injury that have made an outstanding contribution to the acquired brain injury community.

John Simpson is a founder of the BC Brain Injury Association and the Fraser Valley Brain Injury Association and has been a strong advocate and community developer for acquired brain injury since 1982.

Non-profit organizations, community groups, businesses or individual may nominate a family that has made outstanding contributions to the acquired brain injury community. The recipient will be a family (Two or more persons who are bound together over time, living in the same community) or family member who has demonstrated outstanding and consistent caring for the acquired brain injury community. Applications can be sent in any time throughout the year.



Contact Fraser Valley Brain Injury Association  
Phone: 604-557-1913 [info@fvbia.org](mailto:info@fvbia.org)

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## Caregiver Supports

Family Caregivers of BC. <https://www.familycaregiversbc.ca/>

Government of BC webpage for caregivers <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/caring-for-seniors/caring-for-the-caregiver>

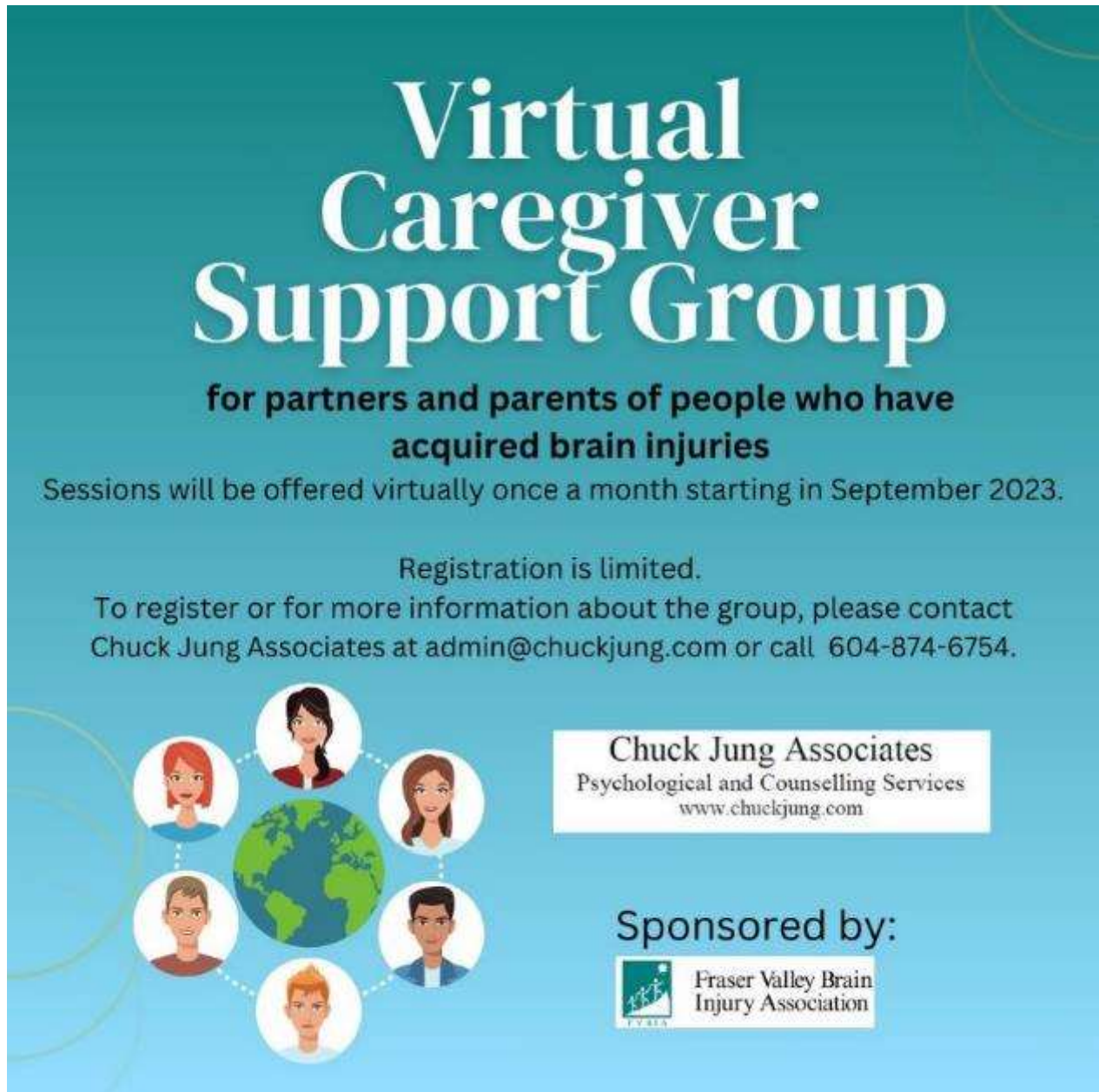
Doctors of BC tear sheet has a good list of resources for people taking care of loved ones. <chrome-extension://efaidnbnmnibpcjpcglclefindmkaj/https://www.doctorsofbc.ca/sites/default/files/resourcesforcaregivers-tearsheet.pdf>

Brain Injury Canada has some resources for caregivers and offers short webinars as well. <https://braininjurycanada.ca/en/caregivers>

[Caregiver Burnout, Moral Distress and Moral Resiliency: Choosing the Good vs the Perfect](#), presented by Dr. David Campbell Ethicist with Kingston Health Science Centre.

If you identify as a caregiver of a partner or child (of any age) of a person who has had an acquired brain injury and you are looking for some support, FVBIA and Chuck Jung Associates are offering a Virtual Caregiver Support group for caregivers in the Lower Mainland.

Find out more at [admin@chuckjung.com](mailto:admin@chuckjung.com) or call 604-874-6754.



The poster features a teal background with a central globe icon. Surrounding the globe are seven circular icons, each containing a stylized illustration of a person's face, representing a diverse group of caregivers. The text is centered and uses a mix of white and black fonts for emphasis.

# Virtual Caregiver Support Group

**for partners and parents of people who have acquired brain injuries**


Sessions will be offered virtually once a month starting in September 2023.

Registration is limited.

To register or for more information about the group, please contact Chuck Jung Associates at [admin@chuckjung.com](mailto:admin@chuckjung.com) or call 604-874-6754.

**Chuck Jung Associates**  
Psychological and Counselling Services  
[www.chuckjung.com](http://www.chuckjung.com)

**Sponsored by:**

 Fraser Valley Brain Injury Association

## Pets Corner!

Freddy's gorgeous doggie Faelan, trying to be a good girl for Santa - Though do I detect a bit of an attitude in that face??

Carol's kitty, Luna was anxiously waiting for Santa to fill up the stocking with catnip, springy toys (her favourite) and treats!



## Tickling our Funny Bones

My dad gave up smoking cold turkey for New Year's. - He's doing better now but ... he's still coughing up feathers.



Last year, I was able to keep all of my New Year's resolutions ... tucked away in a journal on my bookshelf.

My resolution was to read more... so I put the subtitles on my TV

<https://www.goodhousekeeping.com/holidays/g30082216/best-new-years-jokes/>

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## Sign up for the Fraser Valley Brain Injury Association Newsletter

FVBIA's newsletter comes out every two months and is a great way to keep up with all the activities and services we provide.

You can use the camera on your smart phone to scan the QR code to find our webpage link to sign up.

Then all you need to do is enter your name and email address.

Sign up [here](#) or contact us at [info@fvbia.org](mailto:info@fvbia.org) .



# Acquired Brain Injury Info & Resource Package

FVBIA's 2023 [Acquired Brain Injury Information and Resource Package](https://www.fvbia.org/abi-information-resources/) contains pages of brain injury information and contact information for a wide variety of resources for any person with a disability. This extensive resource package is available on our website <https://www.fvbia.org/abi-information-resources/>

Advertising opportunities are still available. Contact [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913 for details.

Topics include:

[Alcohol, Smoking, Addictions & Drug Treatment](#)

[Brain Injury – Definition and Symptoms](#)

[Brain Injury Associations in BC](#)

[Brain Injury Support Groups in BC](#)

[Child and Youth Services](#)

[Counselling Services and Support](#)

[Driving After Brain Injury](#)

[Education and Training](#)

[Epilepsy and Seizure Disorders](#)

[Equipment and Technology](#)

[Family and Caregiver Support](#)

[Financial Support](#)

[Foodbanks and Food Supports](#)

[Government Resources](#)

[Health Services and Health Authorities](#)

[Health Units](#)

[Home Care Services](#)

[Hospice Care](#)

[Housing and Residential Services](#)

[Indigenous Resources](#)

[Internet Resources](#)

[Job Skills and Training](#)

[Legal Assistance](#)

[Mental Health Services](#)

[Multicultural Services](#)

[Nutrition](#)

[Recreation and Leisure](#)

[Rehabilitation After Brain Injury](#)

[School – Returning After Brain Injury \(Children\)](#)

[Seniors Services](#)

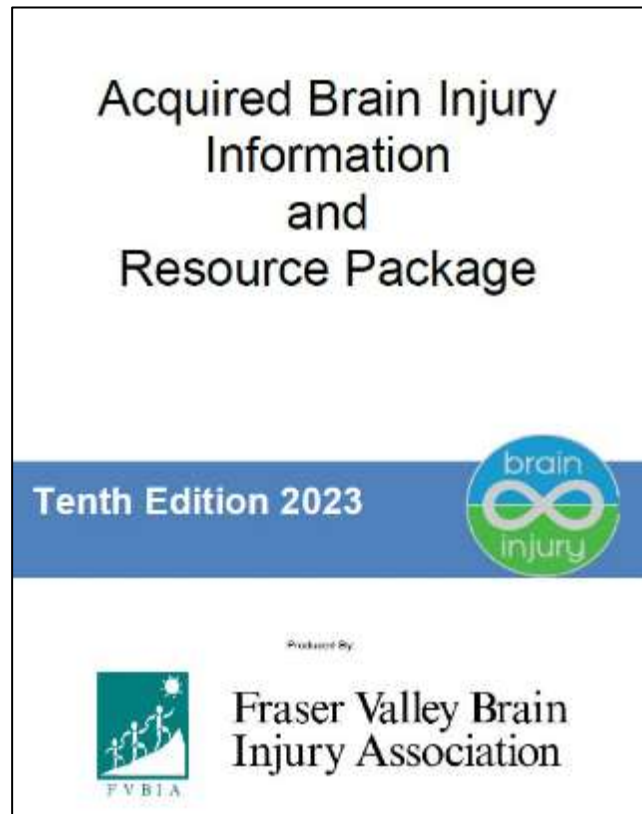
[Sexual Health Resources](#)

[Stress Management](#)

[Stroke Symptoms and Resources](#)

[Thrift Stores](#)

[Victim Services](#)



## Connect with FVBIA on Social Media

Do you like to stay on top of current research, news articles, inspirational stories/quotes creative arts and regular updates on FVBIA activities? Check out our social media pages to stay connected.



<https://twitter.com/fvbi>



<https://www.facebook.com/FVBIA?fref=ts>



<https://www.instagram.com/fraservalleybrain/>

<https://www.youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw>



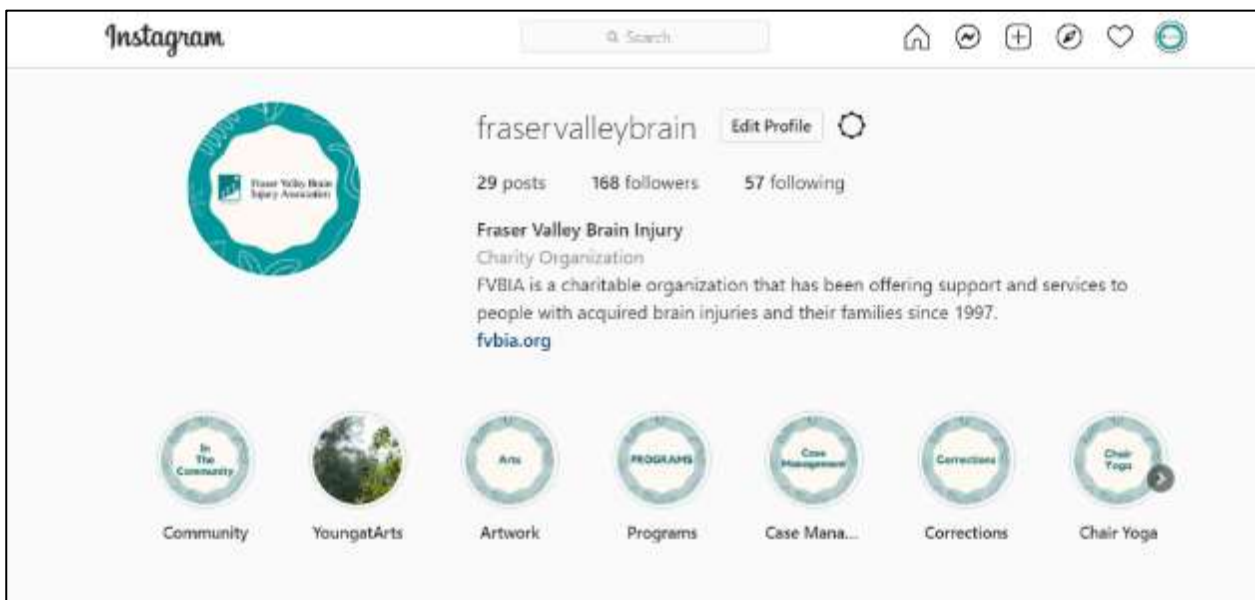
Instagram

### FVBIA Community Facebook Page

We have changed the Creative Arts Facebook page to a community group page! This will allow all members to contribute and enjoy a variety of postings from fellow members and families. It is a private page with Carol and Jill as the Administrators. Now we have a place to stay connected and share our talents, thoughts and ideas! For more information or to share a post, contact Jill at [jill.koppang@fvbia.org](mailto:jill.koppang@fvbia.org)

### FVBIA's Instagram

Check out FVBIA's Instagram at <https://www.instagram.com/fraservalleybrain/>.





# Concussion Resources and Programs

## FVBIA Concussion Program

Please contact FVBIA at [info@fvbia.org](mailto:info@fvbia.org) if you are interested in joining a virtual group for people who have had concussions.

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## FVBIA's Concussion Program Resource Package

FVBIA has a resource package for concussions. Check out our website for our Concussion Package and other resources and information.

<https://fvbia.org/concussion-resources-and-support/>

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## Concussion Awareness Training Tool (CATT) Parent or Caregiver Course

<https://cattonline.com/parent-caregiver-course>

For other concussion resources in your community, contact your local Health Authority, physiotherapist, or rehabilitation clinics

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## Online Concussion Tool for Teens

A new online tool, [The MyGuide Concussion: Teen Edition](#), is poised to help teens recover faster from concussion. *MyGuide Concussion: Teen Edition* was developed by the interdisciplinary team at GF Strong Rehabilitation Centre's Adolescent Complex Concussion Clinic (ACCC) to help youth aged 12 to 18 and their caregivers receive timely, evidence-based information to manage symptoms and support concussion recovery. The website is customizable so teens can easily access information about their specific symptoms and concerns.

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## Fraser Health's Concussion Clinic

Fraser Health's Concussion Services is an early intervention and follow-up service for clients living with the effects of a recent concussion/mild traumatic brain injury (mTBI).

<https://www.fraserhealth.ca/Service-Directory/Services/Clinics/concussion-services#.YxGFqnbMK3B>

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## How you can Support FVBIA Programs and Services

### Donate to Fraser Valley Brain Injury Association at CanadaHelps.org

This online fundraiser connects us to donors nationwide and helped raise funds for much needed programs! Thank you so much to all of our generous donors. Your contributions help us continue to serve the needs of our brain injury community.

“CanadaHelps champions all 86,000 charities across Canada, no matter how big or small. Every registered Canadian charity has a profile on CanadaHelps.org, connecting donors directly to the charity so donors can easily find and donate to them.

More importantly, we offer an array of powerful online fundraising solutions that are easy to use and proven to maximize donations.”



You can find Fraser Valley Brain Injury Association here on the CanadaHelps website.

<https://www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/>  
<https://www.canadahelps.org>

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### Facebook and PayPal Fundraisers

Thank you so much to those who have done Facebook Birthday Fundraisers to support FVBIA's programs. You have raised **over \$4600** since December 2018.

Fraser Valley Brain Injury Association is registered with the PayPal Giving fund, which partners with Facebook to make charitable donations simple with no deductions or fees.

You can donate here and you will get a tax receipt! <https://www.paypal.com/ca/fundraiser/hub>

Look for us by name or by typing in the following: [paypal.com/ca/fundraiser/charity/3434455](https://www.paypal.com/ca/fundraiser/charity/3434455)

PayPal Giving Fund Canada helps people support their favourite charities online and raises funds to benefit charities through PayPal and other technology platforms. Click on the Quick Easy Impactful logo below to check out a short video on how the PayPal Giving Fund works.

Acquired Brain Injury can be life-changing and permanent.

The infinity symbol on the pin signifies that with the right kind of help, the future for people with acquired brain injuries holds infinite possibilities.

You can be part of that future by donating \$5.00 to support services provided by your local brain injury association.

Please wear your pin proudly and help us spread awareness of acquired brain injury.

Contact Fraser Valley Brain Injury Association at 604-557-1913 or [info@fvbia.org](mailto:info@fvbia.org) to order yours now or for more information.



## Membership and Donations

Are you interesting in supporting Fraser Valley Brain Injury Association's work with people who have acquired brain injuries and their families?

An automatic monthly withdrawal from your credit card is a simple way to do that.

<https://www.fvbia.org/membership-and-donations/>

Contact us at 604-557-1913 or [info@fvbia.org](mailto:info@fvbia.org) about making a monthly contribution to support FVBIA's services and programs.

**It's easy!**

For your convenience, you can also DONATE to FVBIA through Paypal with a major credit card, Facebook fundraisers for birthdays or through PayPal Giving.

You can also donate here by simply clicking on the **Donate** button.



FVBIA is a registered charitable organization and can issue Charitable Tax Receipts for eligible donations.

Thank you for your support!